



COVID-19 Athletic Policies

Disclaimer: This policy is subject to revision as COVID-19 has shown to be an ever-changing situation.

COVID-19

**Any direction not covered hereinafter please refer to guidelines established by the CDC, NCDHHS and all current Executive orders.*

1. If a coach, staff member, or participant has symptoms of COVID-19 (listed below), they will be excluded from athletic programs or activities until:
 - a. No symptoms for at least 72 hours since recovery (without the use of fever-reducing medicine) AND
 - b. Other symptoms have improved (e.g., coughing, shortness of breath) AND
 - c. At least 10 days have passed since the first symptom.
 - d. Or produces a negative test result. All negative test results must be presented to the Athletic Coordinator by 3pm the day of practice or a game for eligibility to participate the same day.
2. Should a coach, staff member, or participant be diagnosed with COVID-19, it is expected that it will be reported to the Town of Rolesville (TOR) Parks and Recreation department **immediately** in order to take proper measures:
 - a. Everyone on the team will be contacted via email and encouraged to be tested;
 - b. The whole team will be suspended from practicing and participating in games for 14 days.
 - c. Any other teams who have played that team within 14 days of the positive test will also be suspended from practicing and participating in games for 14 days since the last contact with that team.
 - d. Players and teams may be reinstated before the 14-day restriction pending negative COVID test. All negative test results must be presented to the Athletic Coordinator by 3pm the day of practice or a game for eligibility to participate the same day.
3. Anyone who has been around a person with COVID-19 or anyone who has had close contact with someone with COVID-19 should stay home for 14 days after his or her last exposure to that person.
4. All refund requests are subject to the guidelines found on TOR's website.
 - Refund Request Guidelines - <https://www.rolesvillenc.gov/parks-recreation/forms>



Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills (100.4 degrees or higher)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

For more information: <https://www.cdc.gov/coronavirus/2019-ncov/>

<https://covid19.ncdhhs.gov/>

Policy

1. Coaches and parents are asked to do a wellness check on themselves and their children before they arrive at every practice and game.
 - a. If a participant has a fever or does not pass the health screening questions, that participant cannot participate in the program. The participant can return and participate in the program when COVID-19 Policies on page 1 (one) have been met.
 - b. If a parent, guardian, or sibling has a fever or does not pass the health screening questions, they may not enter the facility.
 - c. *See attachment A* for wellness checklist.
2. (TOR) staff will fill out a wellness health form before and after each shift.
3. There will be hand sanitizing stations set up at every field and we encourage all patrons to sanitize when they arrive and when leaving.
4. All patrons, 4 years and older, are **required to wear a face-covering at all times while at the facility. (FACE SHIELDS DO NOT MEET THE REQUIREMENT OF WEARING A FACECOVERING) – Face Shields may be worn in COMBINATION with a face covering.**
 - a. Definitions: "Face Covering" means a covering of the nose and mouth that is secured to the head with ties, straps, or loops over the ears and fits snugly against the side of a person's face. A Face Covering can be made of a variety of synthetic and natural fabrics, including cotton, silk, or linen. Ideally, a Face Covering has two (2) or more layers. A Face Covering may be factory-made, sewn by hand, or can be improvised from household items such as scarves, bandanas, t-shirts, sweatshirts, or towels. These Face Coverings are not intended for use by healthcare providers in the care of patients. Based on recommendations from the CDC, face shields do not meet the requirements for Face Coverings.
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>



- b. Exemptions can be found: <https://governor.nc.gov/news/executive-orders>
 - c. Participants will be required to wear a face covering at all times, INCLUDING THE DURATION OF ANY PRACTICES OR GAMES. Executive Order 180. - <https://files.nc.gov/governor/documents/files/EO180-Face-Coverings-Requirements.pdf>
 - d. If a participant qualifies for an exemption to the face covering rule, a doctor's note must be presented to the Athletic Coordinator before 3pm the day of the practice or game if not, they will be required to wear a face covering.
 - e. Players, coaches, spectators and volunteers who are unable to comply will be asked to wait in their vehicle.
5. Players, coaches, spectators, and volunteers must vacate the field immediately after their practice or game is over. TOR staff will enforce time limits in order to have an adequate buffer during field transitions.
- a. When arriving at the field, players, coaches, spectators, and volunteers must wait in their vehicle until all patrons from the practice or game before have vacated the area.
6. All players will be allowed two parents or guardians at each game and/or practice.
- a. All parents and guardians will need to have a spectator pass on their person at all times while at the facility.
 - i. Both spectators must stay together.
 - b. If child care for siblings who are not participating **cannot** be found, they may attend but must remain sitting near their parent or guardian at all times. **NO RUNNING OR PLAYING AT THE FACILITY**
 - c. TOR staff will distribute the spectator passes.
 - d. TOR staff have the right to ask to see this pass at any time. If the spectators do not have a pass, they will be asked to wait in their car.
 - e. If a spectator pass is lost, please contact the Town of Rolesville's Athletic Coordinator as soon as possible.
7. Bleachers will be removed from spectator areas to reduce shared space; spectators are encouraged to bring their own lawn seating.
8. There will be specific seating areas for spectators, spaced out to provide for appropriate social distancing.
9. Concessions will be closed.
10. Restrooms will be open and cleaned once daily.
11. Water fountains will be available **only for filling water bottles.**
12. **Please bring bottled water labeled with the player's name.**
- a. No spray bottles, water must transfer directly from bottle to mouth.
13. Patrons cannot shake hands, high five, fist bump, or have any form of unnecessary contact before, during, and after games and practices. Encourage thumbs up and other creative non-contact ways to encourage teammates.
14. Do not share towels, clothing, or any items used to wipe your face or hands.
15. No spitting is allowed.
16. Anyone in attendance is expected to cover their coughs and sneezes with a tissue or use the inside of their elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.

If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.



Baseball and Softball

1. The dugouts will be closed
 - a. Players will be outside the field of play near the gate closest to the dugouts on each side when not playing.
2. Two sets of catchers' gears will be set out by the TOR staff for each team at every practice and game and must be returned after each game and practice to TOR staff at the fields.
 - a. Only two players per practice and/or game will be allowed to play the catchers position and may not use the same equipment.
 - b. TOR staff will disinfect the catcher's gear between uses.
3. Every player needs to have his or her own face covering, bat, batting helmet, and glove.
 - a. No sharing equipment!

Soccer

1. Soccer Balls will be set out by the TOR staff for every practice and game and must be returned after each game and practice to TOR staff at the fields.
 - a. TOR staff will disinfect the Soccer balls between practices and games.
2. Every player needs to have his or her own face covering, cleats, shin guards, socks, and if applicable, goalkeeper gloves.
 - a. No sharing equipment!
 - b. Players may bring their own ball to practice.

Wellness Check

- Fever (100.4 degrees or higher)
- Cough
- Shortness of Breath
- Other Symptoms
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- In the last 14 days have you or anyone in your household:
 - Tested positive for COVID-19
 - Been tested for COVID-19 & did **not** received negative results
 - Think they could have COVID-19

[illegible]